

Write your Own Obituary

This strategy takes a little more courage, since no one likes to contemplate his or her own demise, but if you decide to take a shot at it, you may surprise yourself by ending up with a much clearer view of how you want your life to look now.

Put yourself in the position of being a reporter for a magazine or newspaper. Write your own obituary.

- What was your primary contribution to the world (e.g. “Margery Daw was a brilliant physicist who...”)
- What would it say your life was all about? What did you bring to it?
- Who was your focus? (family/friends/clients/you?)
- How did you help them with your primary talent?
- What is your legacy? What do you want people to remember?

If you want to add another level of authenticity to the exercise, look up sample obituaries of prominent people.

What would make you say at the end of your life: “My life was a success!”

So go ahead, write your own obituary. And have a little fun with it while you’re at it. It might just be what you need to see the future with more clarity.

